



GOINGS ON AT GLENWOOD 50+ CENTER



2400 Route 97
Cooksville, MD 21723
(410) 313 - 5440
Fax: (410) 313 - 4846

glenwoodsc@howardcountymd.gov

Glenwood 50+ at the
Gary J. Arthur Community Center

Monday - Friday
8:30 am - 4:30 pm

50+ Fitness Hours

M-F: 7-10 am / 1-3 pm

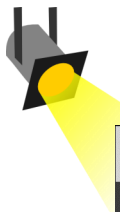
Website:

www.howardcountyaging.org

www.glenwoodseniorcenter.org

Welcome July! Even though we are in the midst of summer, it's not too early to remind you that beginning in October we will be kicking off re-registration for center members. We need the cooperation of everyone to make our numbers at Glenwood count! Thanks in advance for your participation. Don't miss our crab cake luncheon fundraiser featuring music by LOVE STORY, on Friday, July 10. Proceeds allow the Council to provide funding for speakers, events, bus trips and more! Thank you to our Glamour at Glenwood models! This annual event is so very special because we have center members willing to step into the spotlight! See you around the center,

Regina, Cathy, Chris, Nathan and Torry



SPOTLIGHT ON

Riding High with your Feet on the Ground!

SENIOR DAY AT THE FAIR

Howard County Fair 2015

FREE ADMISSION for ADULTS 62+

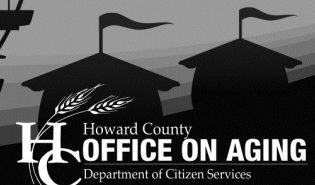
Tuesday, August 11 • 10 am - 3 pm

Visit the Activities Building for Fun Things to Do:

- Entertainment and Exhibits
- Healthy Aging Programs
- Bingo, Games & Prizes
- Demonstrations



**DON'T MISS
SENIOR DAY
AT THE FAIR!**



410-313-6410 • www.howardcountymd.gov/aging

INSIDE THIS ISSUE:

News & Notes	2
Fitness & Exercise	4-5
Health & Wellness	5-6
July & August Events	7-9
July Menu	11
July at a Glance	12

CRAB CAKE LUNCHEON

FRIDAY

JULY 10

11:30 AM

REGISTER IN ADVANCE



50+CENTER NEWS TO USE

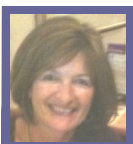
Center Information and Closings

Closed: Friday, July 3, Fourth of July Holiday

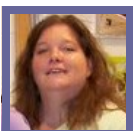
Fitness Program: For a fee of \$25 per year, \$50 for non residents, 50+Center members can utilize the fitness room between 7-10 am and 1-3 pm, Monday-Friday. This is just one benefit of being a 50+Center member.

50+ Programs: The Glenwood 50+ Center follows the policy of Recreation and Parks and does not pro-rate for classes missed.

Maryland Access Point: (410) 313-5980



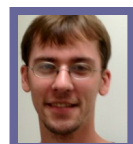
Regina Jenkins, Director
(410) 313-5443
rjenkins@howardcountymd.gov



Cathy Burkett, Assistant Director
(410) 313-4832
cburkett@howardcountymd.gov



Chris Ferraro, Registrar
(410) 313-5440
cferraro@howardcountymd.gov



Nathan Nelson, Utility Technician
(410) 313-4836
nnelson@howardcountymd.gov



Torry Brecht, Nutrition Specialist
(410) 313-4833

Disclaimer: "Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior and 50+Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors."

Cooksville Corner Café: Why not join us for lunch in our café? Check out our menu in advance in the newsletter or in the lunch book located at the Front Desk. Please remember to call 410-313-5440 to reserve or to cancel. Lunch is served Monday through Friday at 12 noon, with a super salad bar on the 2nd Friday of each month.

State Health Insurance Assistance Program
(410) 313-7392

If you need this document in an alternative format, please contact Regina Jenkins on (410) 313-5443.

Would you like to receive our newsletter on your smart phone or home computer? If so, please call Chris at (410) 313-5440 and she will add you to our email distribution list.

Council Corner

Members:

Pete Adams	Linda Adams
Gul Behsudi	Laurel Gafke
Joan Smith	Dave Smith
Harrison Morson	Joann Brown
Doug Hillmuth	Barbara Cornell
Carolyn Pfeifer	Laura Grant


Next Meeting: Tuesday, June 9, 1 pm

Are you on Facebook?

Check out the Council's page and "Like" it! Find us at
[Facebook.com/Glenwood 50+Senior Council](https://www.facebook.com/Glenwood50+SeniorCouncil)

HEALTH & SUPPORT SERVICES

got map?

 **Howard County**
MARYLAND ACCESS POINT
www.marylandaccesspoint.info
410.313.5980 • map@howardcountymd.gov

KINDRED SPIRITS SOCIAL CLUB

If you are struggling with memory loss or know someone who is, look into Kindred Spirits Social Club. This innovative program is a partnership between the Office on Aging and the Alzheimer's Association, Greater Maryland Chapter.

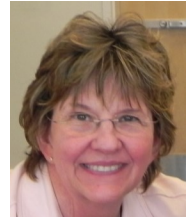
The mission of the Social Club is to provide socialization, companionship, education, support, and a sense of purpose in a safe and nurturing environment for individuals with a medical diagnosis of an early memory disorder. The Social Club includes structured therapeutic support activities such as speakers, music, art, and yoga.

The program operates Mondays, Wednesdays, and Fridays, 9 am -1 pm.

Judy Miller, Facilitator Kindred Spirits Director

jumiller@howardcountymd.gov

Call to schedule an appointment (410) 313-5441



PLUS PROGRAM

Are you a caregiver of a parent or loved one, or do you know someone who is providing care for an aging parent? The Senior Center Plus program offers a safe, affordable, stimulating option. The Plus program has a staff to participant ratio of 1 to 8, and is directed by a Certified Occupational Therapy Assistant. Staff are dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The four hour program provides programming, a well balanced lunchtime meal and snacks. Program is 9 am -1 pm on Tuesdays and Thursdays.

Judy Miller, Director, Senior Center Plus, jumiller@howardcountymd.gov

Call to schedule an appointment (410)313-5441

WESTERN HOWARD COUNTY SENIOR COUNCIL NEWS

Keep your eye out for a new mailbox on the front counter. This will be an avenue for you to communicate with your Council members. One of our new Council committees is **Community Care**. This is a group dedicated to making and keeping connections with our members. If you know of a member with an upcoming milestone, or someone that may facing health challenges, please let the committee know via the mailbox. The committee will be reaching out to those members with a card for support or to acknowledge a milestone in their lives.

Remember, the Council meets the second Tuesday of every month at 1 pm except for February and August. All center members are invited to attend. Thinking of getting more involved here at Glenwood? The Council could use your help on one of our new committees, **Fundraising, Marketing & Outreach, Programs & Special Events & Community Care**.



EXERCISE AND FITNESS CLASSES

Age Well “Sit & Fit”

Tuesday & Thursday, 11 am

Cost: \$35 for 8 weeks

Next session begins September 8

Instructor: Susan Kain

Energize H.I.I.T.

High Intensity Interval Training

Monday and Wednesdays, 8:20 am

Cost: \$75 for 20 classes

Next session begins August 10

Instructor: Sara Schwab

Gentle Yoga

Tuesdays or Thursdays, 10:15 -11:15 am

Cost: \$60 for 10 weeks

Next Tuesday session begins August 18

Next Thursday session begins July 30

Instructor: Mary Garratt

Gentle Yoga,

Fridays, 10:15 -11:15 am

Cost: \$60 for 10 weeks

Next session begins August 21

Instructor: Susan Kain

Hatha Yoga 1-2

Fridays, 9-10 am

Cost: \$60 for 10 weeks

Next session begins August 21

Instructor: Susan Kain



Hatha Yoga

Tuesdays or Thursdays, 9 am

Cost: \$60 for 10 weeks

Next Tuesday session begins August 18

Next Thursday session begins July 30

Instructor: Mary Garratt

Line Dance Basics

Thursdays, 12:45 pm

Cost: \$53 for 10 weeks

Next session begins July 23

Instructor: Mary McCormick

Line Dancing Beyond Beginners

Thursdays, 1:45 pm

Cost: \$53 for 10 weeks

Next session begins July 23

Instructor: Mary McCormick

Pilates

Mondays, 9:45 am

Cost: \$46 for 8 classes

Next session begins August 3

Instructor: Bob McDowell

NEW

Pilates

Wednesdays, 11 am

Cost: \$46 for 8 classes

Next session begins September 16

Instructor: Bob McDowell

Prime Time Tone, Balance & Flex

Monday, Wednesday, 1-2 pm

Cost: \$45 for 16 classes

Next session begins September 14

Instructors: Sara Schwab, Marianne Larkin

HEALTH, WELLNESS, FITNESS

Acupuncture

Fridays, appointments 9 am - 4 pm

**Cost: \$125 Initial Appointment,
\$75 session**



Acupuncturist, Dawn Kulak, L.Ac., M.Ac, will be seeing clients on Fridays. Dawn accepts insurance. Please discuss this with her at your consultation.

Ask the Pharmacist

Monday, July 13, 9 - 10 am

Monday, August 10, 9 - 10 am

Bring all of your questions to pharmacist, Don Hamilton. Meet one on one and get answers to your pressing questions about your medications.

Blood Pressure Screenings

Tuesdays, July 14, 28, 9 - 11 am

Tuesdays, August 11, 25, 9 - 11 am

Sponsored by Howard County General Hospital. Let the nurse help you keep track of your blood pressure readings. First come first served.

Food For Life-Nutrition Counseling

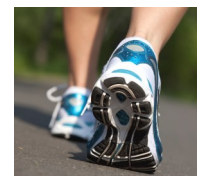
Wednesday, July 29, 9:30 - 11 am

Monday, September 28, 9:30 - 11 am

Schedule an individual appointment with Rona Martiyan, MS, RD, LDN. Rona helps adults improve on their quality of life through nutrition counseling & education. Sign up at Front Desk for a 30 minute session or 1 hour for diabetics. Donations accepted.

Silver Sneakers Walking Group

Monday - Friday, 8 am



The walking group meets five days a week. Come join us any day for a brisk walk indoors. Walk at your own pace and enjoy the camaraderie of a group. This is a safe and weatherproof way to exercise!

SHIP Counseling

Tuesday, July 14, 9 am - 12 noon

Tuesday, August 11, 9 am - 12 noon

State Health Insurance Program counselors will be available to help individuals with health insurance issues. The service is open to Medicare beneficiaries of any age, others age 50 and up, their families and caregivers.

Basketball - Drop in

**Monday, Wednesdays, Fridays
9 - 11 am**

Players must be 50+ years of age to participate in this program. Join this group for a fun and competitive workout.

50+ Fitness Center

Cost: \$25 residents

\$50 non residents

50+ Center members can utilize the fitness room between 7-10 am and 1-3 pm, Monday through Friday. This is just one benefit of being a 50+ Center member. Completed center membership paperwork required.

ON GOING AND JUNE EVENTS

Open Studio

Wednesdays, 9am - noon

Do you enjoy drawing and painting? Are you working on a craft or knitting? The art room will be open for you, bring your own supplies. Thank you for keeping the studio clean.

Billiards-Table Tennis

Monday-Fridays, 8 am - 4:30 pm

Stop by the front desk and grab a key to the game room. Enjoy a game of table tennis or pool!

Pickleball

Tuesdays, Thursdays, 11 am - 2 pm

Come join the fun! Pickleball combines elements of tennis, badminton and ping-pong. Give it a try!

Mahjong

Tuesdays 1 - 3 pm

Come and learn how to play and enjoy the friendships that are created. Sign up to stay for lunch.

Pinochle

Mondays, Fridays, 10 am - 4:30 pm

Looking for new players! Beginners are welcome.

Duplicate Bridge

Mondays, Wednesdays, 12:45 - 4:00 pm

Come for an afternoon of bridge. Cost is \$1 per day which includes coffee and tea; the money is collected during play.

New Member Coffee

Tuesday, July 14, 9 am

Tuesday, August 11, 9 am

Join the staff for coffee and an introduction to the center. Learn about center programs and ways you can get involved. Sign up at the front desk.

Bagels with TED

Tuesday, July 14, 9:30 am

Tuesday, August 11, 9 am

Join us in the Haymeadow Room for a thought provoking presentation and enjoy bagels and coffee. Check the front desk for the upcoming topics.

New Release Movies

Fridays, 1 pm

Cost: \$1 donation

July 10: **McFarland USA**

July 24: **Kingsman the Secret Service**

August 14: **Welcome to Me**

August 28: **The Second Best Exotic Marigold Hotel**

Waffle Bar

Wednesday, July 8, 9 - 11 am

We will be back in the lobby with waffles, sausage and your favorite toppings! Come out and support the council and spend some time with friends.

JULY PROGRAMS AND EVENTS

Genealogy

Thursday, July 9, 10 am

Thursday, August 13, 10 am

Join Dottie Aleshire for her monthly lecture on Genealogy.

Crab Cake Luncheon with "Love Story"

Friday, July 10, 11:30 am

Cost: \$15



How could the crab cake luncheon get any better? Pair it with "Love Story." This dynamic duo performed here last month and blew everyone away. Take a step back in time with these performers with voices that will make you smile. Music begins at 11:30, Cathy's crab cakes will be served at noon. Take out is available.

History of Broadway Series



Monday, July 13, 11 am

Monday, August 10, 11 am

Steve Freidman continues this very popular series with more on Rogers and Hammerstein in July and

in August he will talk about when the critics didn't rave about it but the audiences came anyway.

Civil War Series:

Lincoln's Funeral Train

Wednesday, July 15, 10 am

Author Dan Toomey will be here to discuss the famous funeral train that carried President Lincoln after his assassination.



Drumming

Friday, July 17, 11 am

Join us for a upbeat stress reducing morning drumming session! Scott will be back to take us through a session using drums and a variety of other percussion instruments. Kick your weekend off right with this energizing hour.

Understanding your iPad and iPhone

Tuesday, July 21, 10 am

Center member Mike Vecera takes you on a tour of the iPhone and iPad. Learn how the various apps on your phone and tablet can help you with everyday tasks. Bring your fully charged iPhone or iPad to class.

Hot Topics Series: Driverless Cars

Tuesday, July 21, 10 am

Derrick Smith and Ken Godden will kick off this monthly series on topics we would like to discuss and learn more about. Join us this month for our kick off session.

JULY & AUGUST PROGRAMS AND EVENTS

Smoothie Bar

Wednesday, July 22, 9 - 10:30 am



It's that time of year when we pull out the blenders and enjoy smoothies with all the fresh fruits of the season. Get energized with a pre or post workout treat!

Mt. Vernon Place

Friday, July 24, 10 am

Wayne Schaumberg will continue to educate us about the history and historical sites in Baltimore, this month he features, Mt. Vernon Place.



Howard Community College Presents:

Good Grief it's Just Grammar

Tuesday, Thursday, July 28 & July 30, 1-3:30 pm

Cost: \$40 (Must register with HCC)

Do you struggle over whether to use who or whom? Cringe when you hear "ain't?" So did the individuals who wrote the first grammar books. What they were objecting to was really usage, not grammar. Grammar is the unchanging structural backbone of the language. Dr. Barbara Mayo-Wells will explore some of the quirks of modern English usage. Bring along your pet peeves and your most perplexing questions (saw vs. seen, lie vs. lay, split infinitives and dangling participles) and see if you can stump the expert.

ACTIVE AGING WEEK

SEPTEMBER 28 - OCTOBER 2

LIVE YOUR ADVENTURE

Mark your calendar for this special week during Senior Center Month. We will have a variety of activities each day of the week.



FLU SHOTS
WAFFLE BAR
SPEAKERS
DEMONSTRATIONS
SMOOTHIE BAR
SPECIAL GUESTS
PHOTO BOOTH
NATURE WALKS
GROUP DRUMMING
EXHIBITORS
SCREENINGS



NUTRITION NOTES - RONA MARTIYAN, LD, RDN,

Eating the Rainbow at the Farmers'

Farmers' markets are in full swing during the summer with a wide variety of fruits and vegetables to choose from! Eating a variety of colors, "eating the rainbow," means that you get the good nutrition that you need, such as vitamins, minerals and other healthful substances. And buying the foods at your local farmers' market also means that they are fresh!

Here are some great options to look for at the market!

Green foods can help fight the "bad" cells that your body produces, helping reduce cancer risk. Foods in this group include: asparagus, apples, broccoli, green beans, green peppers, and leafy greens such as kale, spinach and romaine lettuce.

Orange and **deep yellow** fruits and vegetables contain nutrients that promote healthy vision and reduce the risk of some cancers. Foods include: cantaloupe, carrots, peaches, yellow peppers, corn and sweet potatoes.

Purple and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks. Foods include: blackberries, blueberries, eggplant, plums, and purple cabbage.

Red foods may help you have a healthy heart, vision, immunity and may reduce cancer risks. Foods include: beets, cherries, red grapes, red peppers, tomatoes and watermelon.

White, tan and **brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks. These include: beans, brown pear, cauliflower, mushrooms, onions, turnips, white potatoes and white peaches.

So what are some ideas for Eating the Rainbow?

Breakfast – Yogurt topped with Blueberries and Banana Slices

Lunch – Tuna on Whole Wheat Bread, Red Grapes, Apple Slices

Dinner – Grilled Chicken Breast, Kale, Sweet Potatoes and a Whole Wheat Roll

FITNESS CLASS DESCRIPTIONS

Energize I.T. – Interval Training

This fun choreographed class alternates between floor aerobics, power development, and resistance strength training with the use of Free Weights, Dyna-bands and Exertubes, Medicine Ball, Stability Ball and Flex Ball. Core Development and Balance Training.

Gentle Yoga

Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner's level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. You will find the benefits of greater flexibility, increased energy, improved memory and clarity, better concentration and improved overall health.

Hatha Yoga

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Hatha Yoga 1-2

Find the benefits of greater flexibility, increased energy and improved overall health by expanding your yoga practice. Each class ends with deep relaxation and breathing techniques.

Line Dancing Basics

Dancing is great exercise and fun. Come join us for one of these two options.

Basics or Beyond Beginners for individuals who have taken a beginner class. Please wear leather soled shoes.

Pilates

Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. It is based on 34 basic movements that are performed on a mat. Pilates supports a healthy back and invigorates overall fitness. This class is open to all fitness levels and modification are available.

Prime Time Tone, Balance & Flex

A class focusing on functional fitness for everyday living. Have fun getting fit and strong and improve your range of motion and balance. Tone your major muscle groups with both seated and standing exercises. Instructor will show modifications for a seated option.

Sit & Fit

Are you interested in getting stronger? Join our 'Sit and Fit' class. Everyone works at their own pace and ability level, using bands, balls, and hand weights, while also enjoying the social benefits. Co-sponsored by Howard County General Hospital.

JULY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
July 6, 2015	July 7, 2015	July 8, 2015	July 9, 2015	July 10, 2015
Pasta Salad BBQ Chicken Pepper Cabbage Cornbread Mixed Fruit	Carrot Raisin Salad Pork Chop/ Gry Mash Potatoes Coleslaw Dinner Roll Applesauce	Chicken Cordon Blue Mash Potatoes Peas w/ Pearl On- ions Dinner Roll Fresh Fruit	Med. Salad Roast Beef/Gry Mash Potatoes Spinach White Bread Pineapple Chunks	CRAB CAKE Pleas sign up at the front desk \$15
July 13, 2015	July 14, 2015	July 15, 2015	July 16, 2015	July 17, 2015
Cranberry Salsa Roasted Pork Mash Potatoes Sauerkraut Green Beans Biscuit Apple Crisp	Chunky Tomato Soup Ham/Swiss Pepper Cabbage Kaiser Roll Sliced Pears	Green Salad Sliced Turkey /Gry Mash. Swt Potatoes Gingered Cucumbers White Bread Mandarin Oranges	Marin Cucs & Tom Meatloaf/ Gravy Mashed Potatoes Picked Beets Dinner Roll Tropical Fruit	Vegetable Soup Grilled Chicken Breast Pickled Beets Kaiser Roll Mandarin Oranges
July 20, 2015	July 21, 2015	July 22, 2015	July 23, 2015	July 24, 2015
Coleslaw Pork Ribettee Oven Brown Potatoes Scandinavianblend White Bread Apricot Hlvs	Vegetable Soup Seafood Salad Mixed Green Salad Pickled Beets Wheat Bread Tropical Fruit	Northern Bean Soup Fried Chicken Bliss Potatoes Green Beans Cole- slaw Biscuit Apple Crisp	Coleslaw Knockwurst Baked Beans Bun Apple	Mar Cux & Tom Beef Burgandy Mashed Potatoes Spinach Wheat Bread Tropical Fruit
July 27, 2015	July 28, 2015	July 29, 201	July 30, 2015	July 31, 2015
Italian Meatball Sub Italian Blend Sub Roll Peaches	Italian Wedding Soup Chicken Salad Pickled Beets Roll Mixed Fruit	Cream of Asparagus Soup Cold Cuts Roll Pepper Cabbage Sliced Pears	Ribeye Steak Baked Potato w/ Butter& sour Cream Herb Carrots Dinner Roll Melon	Tomato Soup Fish Sandwich Coleslaw Whole Wheat Bun Applesauce

JULY AT A GLANCE

		1 Energize IT 8:20 Basketball 9 Open Arts & Crafts 9 Bridge 12:45 Prime Time 1	2 Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11	3 CLOSED 4TH OF JULY HOLIDAY
6 Energize IT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1	7 Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Line Dancing Mahjong 1	8 Energize IT 8:20 Basketball 9 Open Arts & Crafts 9 Bridge 12:45 Prime Time 1	9 Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Genealogy 10	10 Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Crab Cake Lunch 11:30 Acupuncture All Day Movie 1
13 Energize IT 8:20 Ask the Pharmacist 9 Basketball 9 Pilates 9:45 Pinochle 10 History of Broadway 11 Bridge 12:45 Prime Time 1	14 Hatha Yoga 9 Blood Pressure 9 SHIP Counselor 9 New Member Coffee 9 Ted Talk 9:30 Blood Pressure 9 Council Meeting 1 Gentle Yoga 10:15 Pickleball 11 Sit & Fit 11 Line Dancing Mahjong 1	15 Basketball 9 Energize IT 8 Open Arts & Crafts 9 Civil War Series 10 Bridge 12:45 Prime Time 1	16 Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Essential Oil Class	17 Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Acupuncture All Day
20 Energize IT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1	21 Hatha Yoga 9 iPad & iPhone Class 10 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Line Dancing Mahjong 1	22 Energize IT 8 Basketball 9 Smoothie Bar 9 Open Arts & Crafts 9 Bridge 12:45 Prime Time 1	23 Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball	24 Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Mt. Vernon Place 10 Acupuncture All Day Movie 1
27 Energize IT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1	28 Hatha Yoga 9 Blood Pressure 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Mahjong 1 Line Dancing			